



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:	Spring	2008
	Semester	Year

Title:
(limit to 50 characters including spaces)

Course Number:

Initiator:

Date Submitted:

Units Min: *If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.*

Units Max:

Lecture Hours:

Lab Hours:

Activity Hours:

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

1: The student will be able to develop and demonstrate an advanced level of muscular strength, muscular flexibility, cardio respiratory endurance and muscular endurance.

2: The student will be able to research, utilize and employ polymetric training and resistance training techniques to achieve advanced levels.

Assessment Methods:

1: A pre-test will be given at the beginning of the semester. Test will include areas for muscular strength (clean, squat, snatch), muscular endurance (bench reps), muscular flexibility (full back squat) and cardio respiratory endurance (mile run). A post-test will be given at the completion of the semester.

2: Students will submit an individual workout plan that will include plyometric exercises and resistance exercises.

SIGNATURES / APPROVALS:

Instructor(s) _____
 Signature Date

Instructor(s) _____
 Signature Date